

Montana's Healthy School Recipe Roundup Competition

May 2010 – March 4, 2011

The Montana Team Nutrition Program is proud to announce our first *Montana's Healthy School Recipe Roundup Competition*. **We invite you to share a healthy school recipe which features USDA Commodity Food(s) and locally grown foods, when available.** We are looking for recipes which are colorful, tasty, eye-appealing and kid-friendly.

Our goal is to collect 10 to 15 great recipes used in Montana School Food Service Programs within the next year through a recipe competition. We will collect recipes through March 4, 2011. **Every school program submitting an entry will receive a chance to win a \$200 cash prize.** The top 15 recipes will become part of the Montana Team Nutrition's *Taste of Healthier Montana School Recipes Roundup Booklet* to be developed and distributed throughout the state in 2011-2012.

What Kind of Recipes Qualify for the Roundup?

- Recipes used for entrees, side dishes or desserts.
- Recipes that include only ingredients which are commonly available for school food service and use equipment readily available in school kitchens.
- Recipes feature the following:
 1. At least one USDA commodity food; and
 2. At least one local food as an ingredient when in season or purchased easily from a locally grown or Montana-made vendor.
 3. At least one of the following items:
 - Whole grain (minimum of 1 oz. per serving);
 - Legume (at least ¼ cup per serving);
 - Fruit or vegetable (extra points earned for including dark green and/or orange vegetables*);
 - Lean protein (meat or meat alternates); and
 - Moderate in fat, saturated fat, sugar and sodium.

*Dark Green Vegetables include dark green leafy vegetables, broccoli, spinach, romaine lettuce, collard greens, kale, and turnip greens. Orange vegetables include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, and sweet potatoes.

Submission Guidelines

Recipes can be submitted one of three ways:

1. Electronically at the following Web site:
http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html
See the link for the Montana's Healthy School Recipe Roundup.
2. By mail: Please send your submission (see attached application) to the Montana Team Nutrition Program, Montana State University, PO Box 173370, Bozeman, MT 59717
3. By e-mail: E-mail your submission (see attached application) to maryann.harris@montana.edu. Please call (406) 994-5397 to notify us that a recipe submission was e-mailed to us and give us your telephone number.

Submission Forms are posted at the Web site address above. If you submitting an entry by e-mail or regular mail, please complete the attached application. Incomplete applications will not be entered into the competition.

Recipe Roundup Timeline and Additional Details

- Recipe entries will be collected through March 4, 2011.
- Scoring will be based on an 85-point scale. Recipes will be evaluated based upon the criteria listed above in addition to nutrient density, cost, appeal, feasibility and taste via a judging/tasting panel.
- The winning recipes will be chosen by a five-member panel from the following organizations:
 1. Montana School Nutrition Association;
 2. Montana Food Systems Council;
 3. Montana Action for Healthy Kids;
 4. MSU Extension; and
 5. Montana Team Nutrition Program and the School Food Service Peer Educator Network.
- Schools that submit recipes which are chosen for the *Taste of Healthier Montana School Recipes Roundup Booklet* will be given recognition in a variety of ways. The booklet will be posted on the Montana Office of Public Instruction, School Nutrition Programs Web site, thereby allowing the recipes to be shared statewide and nationally. The recipes will be shared at training workshops throughout the state for school and community audiences. Recipe roundup recipients will be recognized at the 2011 Montana School Nutrition Association conference and some of the recipes will be featured at this meeting.

Help to spread the word about the great taste of your healthy school meal recipes by participating in the Recipe Roundup Competition. Provide opportunity for children throughout Montana to enjoy meals made from USDA commodities and Montana food products.

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This project is being funded by a 2009 USDA Team Nutrition Training Grant awarded to the Montana Office of Public Instruction. The USDA is an equal opportunity provider and employer.